

BULLDOG 7-ON-7 & SPEED TRAINING

WHEN

**March 31, April 7,
April 14, April 28,
May 5, May 19**

4th/5th Grade Speed Training: 5:00 – 6:00 p.m.

4th/5th Grade 7-on-7: 6:00 – 7:00 p.m.

6th/7th Grade 7-on-7: 5 :00– 6:00 p.m.

6th/7th Grade Speed Training: 6 :00–7:00 p.m.

WHERE

**Batavia High
School**

Enter Athletic Entrance (Main St. side)

4TH – 7TH GRADES

7-ON-7

- Based on national competitions/ leagues
- Skill development led by BHS coaches
- Fun, competitive atmosphere!

SPEED TRAINING

- Speed and agility basics
- Professional sports influence – but scaled to each athlete
- Led by certified trainer and Ethos360 founder Mike Miller

COST

\$60 for one program or \$100 for both programs (\$20 savings!)

REGISTER

<http://ezregister.com/events/27488>

QUESTIONS

**Coach Mike Theriault –
Michael.Theriault@bps101.net**

**Coach Billy Colamatteo –
William.Colamatteo@bps101.net**